

LGH-MERRIMACK VALLEY CARDIOLOGY ASSOCIATES, LLC

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PHARMACOLOGICAL MYOCARDIAL PERFUSION STRESS TEST

PATIENT PREPARATION / INSTRUCTION SHEET

THE MATERIALS ORDERED FOR YOUR TEST ARE ORDERED SPECIFICALLY FOR YOU, ARE QUITE COSTLY, AND CANNOT BE RE-USED. IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT PLEASE CALL US THE DAY BEFORE BY 4:30PM AT 978-256-6607.

Please report to our Merrimack Valley Cardiology Office.

You must allow 3 – 4 hours for this test)

***** YOU MUST BE OFF AGGRENOX or DIPYRIDAMOLE FOR 48 HOURS BEFORE THIS TEST *****

CHECK WITH YOUR PHYSICIAN REGARDING A SUBSTITUTE MEDICATION.

AVOID THE FOLLOWING for 24 hours before testing:

- Beta blockers (examples: Atenolol, Betapace, Coreg, Corgard, Inderal, Labetolol, Lopressor, Metoprolol, Nadolol, Propranolol, Sotalol, Tenormin, Toprol XL.) Bring this medicine with you.

AVOID THE FOLLOWING FOR 12 hours before the testing:

- **THEOPHYLLINE**
- Avoid dairy products such as milk, cheese, yogurt and ice cream. Light margarine is allowed.
- No nicotine.
- Absolutely **NO CAFFEINE** or **DECAFFEINATED** products, or procedure will be cancelled. (examples: Chocolate, coffee, tea and soda, even if it says caffeine free)

Morning of the test:

- **YOU MUST HAVE** breakfast on the day of testing, **DO NOT FAST** or test may be cancelled. Suggestions: toast, bagel, muffin, oatmeal and juice or water.
- **Diabetic patients** take ½ of usual insulin dose or ½ of oral hypoglycemic dose with breakfast.
- **If you use inhalers, bring them with you.**
- If your arrival time is after 11:00AM, you must have lunch (crackers, fruit, toast, or soup) prior to arrival for testing.
- Wear comfortable clothing and walking shoes (preferably sneakers).
- Male patients: Small areas of the chest may need to be shaved to ensure proper adhesion of the leads.
- You can use deodorant but no body or moisturizing lotion on the upper torso.
- **You will be able to leave mid way between the test to eat, but if you prefer not to leave please bring something to eat and drink with you.**

*Stress Testing Echo and Nuclear Stress Testing Echocardiography Cardiac CT Event Monitoring Holter Monitoring
Pacemaker and Defibrillator Insertion and Management Cardiac Catheterization Angioplasty Interventional Cardiology
Peripheral Vascular Interventions Carotid and Peripheral Vascular Ultrasonography Electrophysiology Evaluation and Therapy*